

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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February 2018

The ADRC Connection

Jennifer Roth
JENNIFER ROTH PHOTOGRAPHY

XXIII OLYMPIC WINTER GAMES



PyeongChang 2018



The very first Winter Olympic Games were held in Chamonix, France in 1924. The Games were held every four years from 1924-1936, interrupted in 1940 and 1944 by World War II and resumed in 1948. The Winter Olympics has been hosted on three continents by eleven countries. The United States has hosted the Olympic Games four times, Lake Placid in 1932 and 1980, Squaw Valley in 1960 and Salt Lake City in 2002. The original five sports included in the first Winter

Games were bobsled, curling, ice hockey, Nordic skiing and skating. The Winter Games have evolved since their inception and various sports such as Alpine skiing, luge, short track speed skating, freestyle skiing, skeleton and snowboarding have earned a permanent spot in the Olympic program.

This year's Winter Olympic Games, officially known as the XXIII Olympic Winter Games will take place in Pyeongchaang County, South Korea from February 9 -25, 2018. Six new events have been scheduled: snowboard big air (men's and women's), speed skating mass start (men's and women's), curling mixed doubles and the Alpine team event. This means that the total number of gold medal events will be 102 – the most ever contested at an Olympic Winter Games to date.



Wisconsin has seen its fair share of Winter Olympians over the years and most have competed as speed skaters. In 1976 Peter Mueller and Dan Immerfall became the first Wisconsin natives to win Olympic speed skating medals. For the next three decades, Wisconsin sent athletes to every Olympic speed skating team, and through 2002 speed skaters born and raised in the state won a total of 13 medals. Eric Heiden of Madison reached the pinnacle of Olympic success by winning 5 gold medals in the 1980 Winter Olympics in Lake Placid. His sister Beth Heiden also competed that year and brought home a bronze medal in the 3,000 meter.

The Petit National Ice Center, a U.S. Olympic Training Site located in West Allis has provided a world class venue for U.S. speed skaters to prepare and compete at the highest levels internationally, among them are Chris Witty, Bonnie Blair, Casey FitzRandolph, and Dan Jansen. Combined, Dan and Bonnie have won 6 medals (5 gold) in three separate Winter Olympics.



And who could forget the "Miracle on Ice" when in the 1980 Winter Games a group of young amateur hockey players from the U.S. upset the Cold War era Russian professionals. Mark Johnson, the unsung "Miracle" goalie hails from Madison, WI and has been the head coach for the UW Wisconsin's Women's hockey team for the past 15 years. Bobbie Butler, who signed with the Milwaukee Admirals is hoping for that same kind of miracle alongside fellow U.S. Olympic Hockey team members to compete in South Korea.

Other Wisconsinites to look for in the 2018 Winter Games include Rebecca and Matt Hamilton, brother and sister from McFarland who will be competing in the new mixed double curling event. Also, Nita Englund from Florence, Wisconsin who will be competing in the ski jumping competition. Mitchell Whitmore, a Waukesha North graduate will be competing in 500 and 1000-meter speed skating meet in the winter games. The games will be televised on NBC; check your local listings for details.

From the Desk of Your Benefit Specialist

Medicare Provides Annual Doctor Visits, but Not Regular Physicals

By the GWAAR Legal Services Team

Did you know that Medicare pays for a “Welcome to Medicare Visit” and an “Annual Wellness Visit?” It is important to recognize that neither of these visits are physical exams.

The Welcome to Medicare Visit is a one-time preventative visit. The visit must happen within one year of Medicare Part B enrollment. The goals of the visit are health promotion, disease prevention, and detection. This Welcome to Medicare Visit includes a review of your medical and social history related to your health, as well as education and counseling about preventive services. Your doctor will obtain your height, weight, body mass index, blood pressure, and conduct a vision test. The Welcome to Medicare Visit allows you to talk to your doctor about important screenings and vaccines you may need.

In addition to the Welcome to Medicare Visit, Medicare covers an Annual Wellness Visit. The Annual Wellness Visit is similar to the one-time Welcome to Medicare Visit. The Annual Wellness Visit focuses on your plan for preventive care in the upcoming year. The first Annual Wellness Visit provides a Health Risk Assessment, which will be updated in future years. If you didn’t receive a Welcome to Medicare Visit, you can still have an Annual Wellness Visit.

Medicare will only cover the Annual Wellness visit once every 12 months. Your Annual Wellness Visit should also not be scheduled within 12 months of your Welcome to Medicare visit.

When you schedule these appointments, you must state that you are scheduling the Welcome to Medicare Visit or Annual Wellness Visit. If you do not specify this, you likely will receive a regular physical exam. ***Medicare will never cover a routine physical exam.***

What do these services cost?

You do not pay anything for the Welcome to Medicare Visit or the Annual Wellness Visit, if your doctor accepts Medicare assignment.

If your doctor performs additional tests or services during either visit, for example blood tests or lab work, the standard the Medicare Part B coinsurance (80/20%) and deductible will apply.

Note: People who are enrolled in Medicare Savings Account (MSA) plans pay 100% of the Medicare re-approved amount for their health costs (including preventive services) until their deductible is met.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts ‘Welcome to Medicare’ classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at:

<http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Turning 65?
Need Medicare?



The Caregiver Connection is a collaboration between the ADRC of Waukesha County, United Way, and ERAs Senior Network, designed to provide information, support, timely access to resources, assistance navigating the system, and educational opportunities for caregivers in Waukesha County. Visit thecaregiverconnection.org for more information.

Family Conflict and Caregiving

Conflict over caregiving is common, but families can take steps to minimize disputes. If caring for an older person is causing conflict within your family, you are not alone. Conflict is often part of family caregiving situations. Even the best of intentions to help mom or dad may cause tension. Because everyone approaches things differently, each family member's opinion about what is best for mom or dad can vary greatly. But there are steps you can take to keep family conflict at bay when dealing with caregiving concerns.

Why the conflict? Different attitudes toward family caregiving, depending on personality or family situation, can lead to conflict and alienation between siblings and other relatives. Sometimes the family member with the strongest personality dominates the decision-making process or takes on caregiving responsibilities without consulting other family members. Some family members might deny there is a need and be unwilling to offer assistance. There are also situations where people who have their own children to care for expect an unmarried or childless sibling (or other relative) to take on caregiving responsibilities. The unmarried family member may not welcome this expectation.

Minimizing conflict. Family caregivers need to recognize that conflict is not unusual and getting help is important. If differences continue, family relationships can be permanently damaged. Also, the person being cared for may feel guilt, believing he or she is the cause of conflict. The best way to approach family conflict is to get everyone concerned about the care of the person into the same room to discuss their feelings, create a care plan and assign responsibilities. Face-to-face discussion eliminates the potential for misunderstandings due to information being received second-hand. If conflict continues, the next best step is to get everyone in the same room but with a non-family member in the discussion. The person should be someone whose opinion everyone agrees to respect.



Other steps to take. Sometimes these suggestions just don't seem to work. Don't lose heart. Resolving conflict among families takes time. Be patient and keep doing your best at open, honest communication. Attending a support group by yourself or with family members can also be helpful. Other members may share ideas that worked in similar situations, and you will have the reassurance that you are not alone in your struggles! Lastly, seeking professional counseling as an individual or with family members can greatly improve the situation.

If you are dealing with conflict over family caregiving issues you may contact the Aging and Disability Resource Center, ERAs Senior Network, or The Caregiver Connection for resources and tips on how to handle conflict.

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources



Evidence Based Health Promotion Programs

COFFEE TEA & TALK

WHEN:

**First Tuesday of each month
10 am - 11 am**

WHERE:

**Waukesha County Health &
Human Services– Room 114
514 Riverview Ave, Waukesha**

FEATURING:

**COMPLIMENTARY COFFEE, TEA and TREATS
MONTHLY HEALTH TOPICS PRESENTED BY EXPERTS
TIME FOR QUESTIONS and ANSWERS
OPPORTUNITY TO BUILD RELATIONSHIPS
LEARN HOW THE ADRC CAN HELP YOU**

**SEATING IS LIMITED: RESERVATIONS
REQUIRED:**

CALL LEE: (262) 548-7848

FOR OLDER ADULT LEARNERS

FEBRUARY 6

A Healthy Heart

“Know your numbers.”

**Learn about heart disease,
personal risks, setting SMART
goals for healthy change, and
measuring success.**

MARCH 6

Healthy Aging Brain

**Learn about the different types of
dementia, what you can do to
adopt a 'brain healthy' lifestyle,
and what resources are available.**

APRIL 3

Mental Health

**Depression and anxiety effects
each of us. Join us to learn to
identify the signs of anxiety and
depression and how to take
action.**



Libraries Transform Lives and Communities

This February, all 24 public libraries in Waukesha and Jefferson counties are celebrating how libraries transform lives and communities. Each library is hosting a unique program as part of the month-long celebration; a sample of them are listed below. Everyone is welcome to attend; if you come to three or more programs, you can enter to win a prize in the Passport Challenge. Finally, you can share your library story with us at www.tinyurl.com/my-library-story. We'd love to hear how the library transformed your life!

Visit www.bridgeslibrarysystem.org/libraries-transform for more information, or contact Jill Fuller at jfuller@bridgeslibrarysystem.org or 262-896-8085.

Big Bend Village Library (262) 662-3571 <i>What Were They Drinking? Victorian Teas</i> Tuesday, Feb. 13 at 7 pm bigbendlibrary@bigbend.lib.wi.us	Brookfield Public Library (262) 782-4140 <i>Educating Milwaukee: How One City's History of Segregation & Struggle Shaped Its Schools</i> Monday, Feb. 26 at 7:00 PM http://www.ci.brookfield.wi.us/38/Library	Elm Grove Public Library (262) 782-6700 <i>Duty, Honor, Country: The Life of Dwight D Eisenhower</i> Thursday, Feb. 8 at 7:00 pm http://elmgrovelibrary.org
Delafield Public Library (262) 646-6230 <i>Shop Talk: The Paradox of Being a Black Police Officer Today</i> Thursday, Feb. 8 at 7:00 pm www.delafieldlibrary.org	Hartland Public Library (262) 367-3350 <i>Tea with Mrs. Lincoln</i> Saturday, Feb. 17 at 1:00 — 3:00 pm www.hartlandlibrary.org	Mukwonago Community Library (262) 363-6411 <i>Around the World Cultural Showcase</i> Sat., February 10 at 10 am http://www.mukcom.lib.wi.us
New Berlin Public Library (262) 785-4980 <i>The Essential Houdini</i> Tuesday, Feb. 27 at 6:30 pm http://www.newberlinlibrary.org	Pauline Haass Public Library (262) 246-5180 <i>Dog Days of Winter</i> Sat. Feb., 17 at 10:00 am http://www.phplonline.org/	Waukesha Public Library (262) 524-3680 <i>Birth of Freedom : A Talk with Abraham Lincoln</i> Wed., Feb. 28 at 7:00 pm http://waukeshapubliclibrary.org

Community Memory Screens

A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored. Early detection is as important as a screening for blood pressure, diabetes or a stroke. During the screening process an individual will get immediate results from their screen, receive information about dementia and Alzheimer's Disease, ask question directly to a Dementia Care Specialist, and learn about brain health and ways to stimulate your brain.

Library	Address	Date	Time
Alice Baker Memorial Library	820 E. Main Street Eagle, WI	2/06/2018	10:00am-2:00pm
Sussex Civic Center	N64W23760 Main Street Sussex, WI	3/07/2018	9:30am-2:00pm
Menomonee Falls Community Center	W152 N8645 Margaret Rd Menomonee Falls, WI	4/11/2018	10:00am-4:00pm
Menomonee Falls Public Library	W156 N8436 Pilgrim Road Menomonee Falls, WI	5/22/2018	10:00am-3:00pm

Free Tax Assistance

Including Homestead Tax Credit

AARP offers Tax Assistance by **appointment only** at the following locations:

(Provided by trained AARP volunteers)



Brookfield Library, Tuesdays 9:00am-3:00pm, call 262-782-4140 (when prompted press option #1)

Menomonee Falls Library, Fridays 9:30am-3:30pm, call 262-255-8460

Mukwonago Library, Mondays 9:00am-1:00pm, call 262-363-6411

Muskego Library, Tuesdays 9:00am-1:00pm, call 262-971-2100

New Berlin Library, Wednesdays 9:15am-2:00pm, call 262-785-4981

Oconomowoc Area Senior Center, Tuesdays 9:00am-3:00pm, call 262-567-3360

Sussex Civic Center, Mondays 9:30am-3:00pm, call 262-246-5181

Waukesha Landmark Credit Union, Tuesdays and Thursdays 9:30am-2:00pm, call 262-796-4500

The Volunteer Income Tax Assistance (VITA) program offers free tax help to all ages. IRS-certified volunteers provide assistance. Call 262-832-1534 to schedule an appointment. Appointments are available Monday and Wednesday from 8-2, Tuesday and Thursday from 9-noon and 4-6:30, Fridays from 9-noon for homestead returns only and Saturday from 9-11:30am.

La Casa de Esperanza, 202 E Broadway Avenue, Waukesha



Be sure to bring with you:

- **Must have Photo I.D.**
- Social Security Card
- Last year's taxes
- All 1099 forms
- W-2 forms from any employers
- Social Security end-of-year statement
- Original rent certificate
- Copy of property tax bill

For those not on Medicare, must have employer sponsored or ACA form (Affordable Care Act). The ACA form can be obtained from the Marketplace and shows how much was paid and what the credit was. If you would like direct deposit, bring a check with your account number and routing number. Tax forms can be obtained at the library or your local post office. Contact these locations ahead to confirm availability.

The due date for your 2017 Federal income tax return is Tuesday, April 18, 2018.

Ask INA

Dear Ina,

I have been feeling down the past couple of months and have less energy than normal. I went to my doctor and she told me I am likely experiencing Seasonal Affective Disorder. Can you help me understand exactly what Seasonal Affective Disorder is and how I can manage it?

Susan B. Downer

Dear Susan,

Seasonal Affective Disorder (SAD) is sometimes called Seasonal Depression or, less formally, referred to as the Winter Blues. SAD can affect anyone. Some groups are more likely to suffer from SAD such as women, people who live further from the equator where daylight hours are shorter, or people who have a relative who has suffered from SAD.

Experts believe that the reason SAD occurs is likely due to the lack of sunlight exposure in the winter months. The lack of sunlight can affect your biological clock, upset circadian rhythms, and cause problems with serotonin, a chemical that affects mood.

Some symptoms commonly associated with SAD can include (but are not limited to):

- ☼ Low energy
- ☼ Problems sleeping
- ☼ Decreased interest in activities you once enjoyed
- ☼ Feelings of depression or sadness
- ☼ Changes in appetite
- ☼ Feeling sluggish or agitated
- ☼ Difficulty concentrating

If you are experiencing any of these symptoms, it's important to go see your doctor. If your doctor diagnoses you with SAD, they may recommend treatment. Some common treatments include:

- ☼ Light Therapy- Bright light treatment involves the use of a special fluorescent light box strategically placed on your desk or table. The light shines on your face while you read, eat breakfast, or sit at your desk. Light therapy is used anywhere from 30 minutes to two hours daily.
- ☼ Antidepressants- Medication can be used in some cases but should always be done in consultation with your doctor after weighing the pros and cons of the medication. Be sure to include in your conversation what medications you are currently taking so there are no potentially dangerous interactions.
- ☼ Counseling- Cognitive Behavioral Therapy (CBT) can be helpful in managing the symptoms of SAD and can help you learn how to manage future episodes as well.
- ☼ Aromatherapy- Essential Oils, aka aromatherapy, has long been reported to positively affect mood. Some studies have found that vaporized citrus oils are particularly effective for mood enhancement. One recommended blend called "Liquid Happiness" includes: orange, lemon, grapefruit, and bergamot oils.
- ☼ Aerobic Exercise- Regular exercise is one of the best things you can do for yourself. Even better, get outside for a walk while the sun is shining. Being active during the daytime, especially in the morning, could help you to have more energy all day long.
- ☼ Supplements- Certain herbal remedies or supplements are sometimes used to try to relieve depression symptoms, though it's not clear how effective these treatments are for seasonal affective disorder. Also, because some herbal and dietary supplements can interfere with prescription medications or cause dangerous interactions, talk to your doctor or pharmacist before taking any supplements.

Your doctor should work with you to determine which treatment course could be right for you.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p><i>Menu subject to change without notice</i></p>			Swiss Steak w/ Onions & Tomatoes Mashed Potatoes Buttered Sweet Corn Sourdough Bread w/ butter Iced Brownie Alt. Banana	Groundhog Day Sloppy Joe Whole Wheat Bun American Potato Salad Carrot Raisin Salad Rice Krispies Treat Alt. Canned Pears
5	6	7	8	9
Grilled Chicken Breast on a Hard Roll w/ Lettuce & Tomato Mayonnaise packet Broccoli & Cauliflower Fruit Salad	French Dip w/ Au Jus Sub Roll Bow Tie Pasta Italian Vegetable Blend Crusty Roll / butter Peaches	Chicken Cordon Bleu Wild Rice Blend 5-way mixed veg Seven Grain Bread w/ butter Cinnamon Apple Slices	Swedish Meatballs Quinoa Pilaf California Blend Veg Dinner Roll w/ butter Seasonal Fresh Fruit Tapioca Pudding Alt. Sugar Free Pudding	Vegetarian Lasagna Dill Carrot Coins Italian Bread w/ butter Fruit Cocktail Fruit Crisp Alt. Yogurt
12	13	14	15	16
Peachy Pork Roast Cheesy Diced Potato Casserole Mixed Vegetables Potato Dinner Roll w/ butter Fruited Yogurt	Fat Tuesday Roast Beef Garlic Mashed Potatoes w/ Gravy Seasoned Green Beans Italian Bread w/ butter Fruit Compote Paczki	<i>Valentine's Day</i> Vegetable Pasta Primavera Linguini Deluxe Salad w/ Grape Tomatoes, Parmesan Cheese and Italian Dsg Garlic Bread Red Velvet Cake Alt: Sugar Free Cookie	Garlic Sesame Chicken Brown Rice Soy Sauce pkt Oriental Blend Vegetable Spring Roll Pineapple Chunks Fortune Cookie	Crab Pasta Salad Tomato / Onion Salad Fresh Banana Dinner Roll w/ Butter Chocolate Cream Pie Alt: String Cheese
19	20	21	22	23
Salisbury Steak Mashed Sweet Potatoes Butter Pat Coleslaw Rye Bread w/ butter Apricots	Mild Sausage Jambalaya Creole Wax Beans Seasoned Black-Eyed Peas Dinner Roll w/ butter Dessert Bar Alt: Fresh Fruit	Oven Baked Chicken Bread Stuffing Herbed Roasted Root Vegetables Wheat Roll w/ butter Baker's Choice Cookie Alt: Fresh Fruit	Pork Cutlet Mushroom-Quinoa Risotto California Blend Veg Whole Wheat Bread w/ butter Peaches	Hungarian Goulash Buttered Noodles Peas & Carrots Rye Bread w/ butter Grape Juice Ice Cream Cup Alt. Sugar Free Chocolate Pudding
26	27	28		
Winter Olympics Grilled Chicken Breast, Squash Vegetable Medley Black Beans and Rice Strawberries & Blueberries Lime Gelatin	Bratwurst on a bun Ketchup & mustard Creamy Dill Cucumber Salad American Potato Salad Iced Brownie Alt: Sugar Free Cookie	Stuffed Cabbage Roll Mashed Potatoes with gravy Harvard Beets Rye Bread w/ butter Tapioca Pudding Alt. Fresh Orange		

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 — Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Butler 783-5506 — Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	Hartland 367-5689 —Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
Menomonee Falls 251-3406 —Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Mukwonago 363-4458 —Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Muskego 414-422-0420 —Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 — Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Oconomowoc 567-5177 —Kelly Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	Sussex 246-6747 —Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Waukesha 547-8282 — Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm or the ADRC at (262) 548-7826 one working day in advance. Transportation may be available by taxi or Rideline for \$1.00 each way. Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

Waukesha County Memory Cafés

A Memory Café is a social gathering for those who are experiencing early stage dementia and a family member or care partner. It is a place to have fun, socialize, and share experiences.

Four Points Library Memory Café

3rd Tuesday of each month

2:00 – 3:00PM

Rotates between Hales Corners, Muskego, Franklin and New Berlin Public Libraries

Please call 800-272-3900 to register for your first visit.

Lake County Libraries Memory Café

1st Friday of each month

10:30AM - 12noon

Rotates between Pewaukee, Hartland, Delafield, Oconomowoc and Town Hall Libraries

Please call 800-272-3900 to register for your first visit.

Wild Plum Memory Café

2nd Tuesday of each month

3:00 - 4:30PM

Rotates between Brookfield, Elm Grove, Germantown and Menomonee Falls Libraries

Please call 800-272-3900 to register for your first visit.

The Spot on Broadway

500 E. Broadway Street

Waukesha, WI

4th Wednesday of each month

10:30AM - 12:00noon

Please call 800-272-3900 to register for your first visit.

Bullying in Senior Living Communities

Bullying is becoming an increasingly common problem in our society today. Discussions on bullying often center on children and school settings. However, bullying can and does occur within many social circles and environments and it's a problem that spans every age demographic.

What is bullying?

According to the American Psychological Association, "Bullying is a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words, or more subtle actions." A March 2012 AARP Bulletin said that between 10-20 percent of older adults living in senior living communities are mistreated by their peers, and often the behavior goes unreported.

What does older adult bullying look like?

- ❖ Criticizing or ridiculing another person who does not meet your standards for clothing, social status, religion, sexual orientation, economic background, etc.
- ❖ Verbal or physical abuse, which may include yelling, hitting, pushing, or kicking. Often, the attacker brushes off the incidents as 'accidental.'
- ❖ Insults or belittling jokes
- ❖ Stealing/destroying property or invading a person's personal space.
- ❖ Lying about the victim in order to assert power or authority, spreading rumors, or whispering when the person enters a room.
- ❖ Saving seats or reserving spaces for clique members in dining rooms, restaurants, or during outings/events. This behavior seems innocent but can actually be quite hurtful to those outside the "clique" who may be isolated or left to dine alone.

How can Senior Living Communities cope with bullying?

Generally, bullying is a problem that gets worse when it's ignored. Too often, the victims are vulnerable and defenseless. A person can become so frustrated, they may look at options to take their life. Senior Living Communities can combat bullying by implementing some policies, such as:

- ❖ Set clear expectations and boundaries within the community that make residents and staff aware of the community's commitment to a respectful environment.
- ❖ Have ongoing discussions among staff, residents, and families, as well as formal needs assessments to identify potential problems early.
- ❖ Evaluate and implement changes that can "decrease the power of bullies." If residents are being isolated in the dining room, for instance, eliminate reserved seating.
- ❖ Implement clear and easy reporting processes to encourage victims to report bullying, and incorporate a no-tolerance policy for bullying in your community. Include a standard process for resolving bullying incidents once discovered, such as mediation and other tactics.

Coping Strategies for Victims of Senior Bullying

- ❖ Ignore the behavior to remove the bully's perceived power.
- ❖ Share your opinion without aggressiveness or implied hostility.
- ❖ Avoid interrupting or provoking bullies.
- ❖ Maintain eye contact with bullies.
- ❖ Try to understand the bully's position or circumstances that may be contributing to the behavior
- ❖ Identify your concerns and share them with family, friends.
- ❖ If the problem becomes threatening, physical, or overwhelming, notify the administration of your concerns. Also, consider contacting the police department.



The fact is that we need to gain a level of maturity. We need to understand that we don't have to (and won't) like everyone with whom we come in contact in our lives, but that does not mean that we still can't show that person respect. And, when in doubt, practice the Golden Rule:

Treat others as you would want to be treated.

Love Your Pet!



February 20th is National Love Your Pet Day. Most households in the United States have at least one pet. While most are cats and dogs, the pets we love are not limited to just those two species. Whether your pet is a dog, cat, fish, ferret, bird, bunny or iguana, this day is a good time to recognize the benefits they give us.

Pets make great companions, but they also provide health benefits as well. Pets are stress relievers. A cold wet nose of a dog nudging you, a cat curling up on your lap or the tranquility of watching fish in an aquarium can help de-stress your day. Studies show that owning pets proves to lower blood pressure in adults and, depending on the pet, they can provide much needed exercise and activity for heart health.

Having a pet does come with responsibility. As a pet owner, you take on the obligation of the care and welfare of that animal. This includes more than just food, water and shelter. When we have pets, there are commitments depending on the species of the pet. Some pets require grooming, vaccinations, nail care or medication. One other thing to consider is: What will happen to your pet in the case that you have an emergency? Most people do not plan on becoming ill or having surgery, but these things do happen.

The ADRC and HAWS (Humane Animal Welfare Society) of Waukesha County have partnered to provide pet owners with a Pet Alert. Many people are aware of the Vial of Life, which provides emergency medical services vital information for two legged humans, but it does not list information about your pet. The Pet Alert is similar to the Vial of Life where you can record your pets' pertinent information. The Pet Alert asks for the owner's information and any Emergency Pet Caregivers and their contact information. The Pet Alert also asks that you list the pets in the home, their names and breeds. Lastly, you want to list the pet's location of food, medication, leashes and any other important information. The Pet Alerts are easy to fill out and have a magnetic backing to apply to your refrigerator. Emergency Responders are trained to look for this medical information on the refrigerator.

ADRC Aging & Disability Resource Center of Waukesha County

HAWS Humane Animal Welfare Society

PET ALERT!

Emergency Contact Information

OWNER'S NAME: _____

Phone Number: _____

Alternate Phone Number: _____

EMERGENCY PET CAREGIVERS

Name: _____

Phone Number: _____

If no other options exist, HAWS also has a Safe Keep Program, which may be able provide temporary shelter and care for your pet in times of an emergency. HAWS can also ensure that your pet gets safely to the person/home of your choice in times of need.

Love your pet as much as they love you and contact the ADRC or HAWS for your Pet Alert. Don't forget to show your pet some love not only on February 20th, but all days of the year.

Answers to Logic Puzzle on page 14

Peter Wish had the Tuna Sandwich with a baked potato and apple pie.

Walter Tummel had a roast beef sandwich with French fries and vanilla ice cream.

Sam Summer ate a turkey sandwich with rice pilaf and chocolate cake.

Tim Wavern ate a ham sandwich with a garden salad and hot fudge sundae.

Upcoming Educational Opportunities

Presented by the Alzheimer's Association
Of Southeastern Wisconsin



Living with Dementia --

Early Stage

for persons with early-stage Alzheimer's disease or related dementia and their care partners

The diagnosis of Alzheimer's disease or a related form of dementia is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Location:

Waukesha Aging and Disability Resource Center (ADRC)
514 Riverview Avenue
Waukesha, WI 53188

Date and Time:

Three consecutive Thursdays
February 8, 15 and 22
2:00-4:00 p.m.

Registration:

Pre-registration is required. Please contact Jennifer Harders at 800.272.3900 or jharders@alz.org to register.

Memory Loss, Dementia and Alzheimer's Disease — The Basics

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments, and steps to a proper diagnosis/assessment. Join us for this comprehensive overview.

Location:

Muskego Public Library
573 W16663 Janesville Rd
Muskego, WI 53150

Presented By:

Jennifer Harders
Outreach Coordinator
Alzheimer's Association

Date and Time:

Tuesday,
March 6, 2018
7:00-8:30 p.m.

Registration:

Please call 800.272.3900
to register.

Healthy Living for Your Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Location:

Pewaukee Park & Rec
W240N3065 Pewaukee Rd.
Pewaukee, WI 53072

Presented By:

Jennifer Harders
Outreach Coordinator
Alzheimer's Association

Date and Time:

Thursday, March 8, 2018
1:00-2:30 p.m.

Registration:

Call 262.691.7275
to register for this
program.

alzheimer's  association®

620 S, 76th Street, Suite 160

414.479.8800 | Phone

Milwaukee, WI 53214

800.272.3900 | 24/7 Helpline

www.alz.org/sewi

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As winter sets in and snowbirds travel south for a few months each year, there is an increased need for volunteers to assist with the ADRC of Waukesha County's Meals on Wheels program. Volunteer drivers are especially needed in Hartland, Oconomowoc and Waukesha areas to deliver meals to seniors in need. Drivers deliver weekdays between the hours of 11am-1pm, generally one day a week. Mileage reimbursement is provided and schedules can be flexible.

The Butler Senior Dining Center is looking for a senior dining assistant to help pack meals for home delivery and serve lunch to seniors coming to the Community Center to dine during the week. Help is needed once a week from 9:30am-1pm. If you are interested in any of these opportunities call Karen at 262-548-7829 or visit the website at www.waukeshacounty.gov/adrc and click on the volunteer tab.

There is no exercise better for the heart than reaching down and lifting people up.

John Andrew Holmes Jr.

The snow is here! ERAs is looking for volunteers to help seniors and adults with disabilities in the community. Help is needed to shovel snow off their sidewalks and driveways as well as drive clients to their appointments and the grocery store. Your service helps provide a better quality of life to someone who has difficulty getting out of their home. Driving can be based on your availability. Shoveling will depend on the ever-changing weather. Whether you are able to shovel or drive, the gift of your time will make a huge difference to someone in need.

If interested in getting involved please contact Anna Roesel at (262) 522-2402 or e-mail AnnaR@eraswaukesha.org

Volunteer applications are available online at ERAs as well as other opportunities to serve.



Valentine's Day Yogurt Treats

Love is in the air for yogurt treats! Yogurt is a great source of calcium and vitamin D, which are important for bone health. Vitamin D is called the “sunshine vitamin” because your body makes it when your skin is exposed to sunlight. Unfortunately, the sun is too far away in February to make vitamin D (and it’s usually too cold to sit outside for long!) Yogurt and milk can provide vitamin D during Wisconsin winter months.

While yogurt can be a good way to get important nutrients, most flavored yogurts can be high in sugar or artificial sweeteners. Try buying plain yogurt and topping it with something naturally sweet (like fruit), or adding a drizzle of honey.

Heart-Healthy Banana Split

- ✓ Slice 1 banana. Place in a bowl.
- ✓ Top with a scoop of plain (unsweetened) yogurt.
- ✓ Add toppings of your choice:
 - Fruit such as apples, strawberries, raspberries, cherries
 - Nuts such as almonds, pecans, peanuts
 - Granola or your favorite breakfast cereal
 - Drizzle of honey or warm peanut butter
 - Sprinkle of cinnamon



Valentine's Pops

Serving Size: 1 pop (1/2 cup)

Serves: 8

Supplies:

8 small paper cups

8 plastic spoons or wooden popsicle sticks

Ingredients:

2 cartons (6 ounces each) vanilla yogurt

1 frozen bag (12 ounces) raspberries, cherries, or strawberries

Instructions:

1. Thaw raspberries, cherries, or strawberries.
2. Chop the fruit finely and mix with the yogurt or blend the fruit and yogurt until smooth with a blender or food processor.
3. Pour mixture into 8 small paper cups and put in freezer. After half an hour (when they start to freeze), stand a plastic spoon or wooden popsicle stick in the pops.
4. Freeze 3–4 hours or until pops are solid.
5. Remove from cup to serve. Place bottom of cup under hot running water for 20 seconds. Peel off paper cup.



FOOD WISE
Healthy choices, healthy lives.

LW Extension
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

Recipe adapted from Iowa State University Extension- Spend Smart Eat Smart

A New Shingles Vaccine Is On Its Way!

By the GWAAR Legal Services Team

Shingles is caused by the varicella zoster virus, which almost all older Americans harbor from getting childhood chickenpox. If you're over age 80, you stand a one-in-three to one-in-two chance of getting shingles. Shingles symptoms include a painful, itchy rash that develops on one side of the body, lasting for two to four weeks. The pain associated with shingles is often described as burning, shooting or stabbing. Lingering and debilitating nerve pain may occur after contracting shingles, which is why preventing it is so important.

The currently available shingles vaccine, called Zostavax, prevents roughly half of shingles cases in people over age 60. The new vaccine, Shingrix—expected to be available by early 2018—has been shown to prevent more than 90 percent of shingles cases, even at older ages. The new vaccine may also protect people with compromised immune systems, which is helpful for older individuals who may be undergoing chemotherapy or transplants, have H.I.V., or take steroids. This is because the new shingles vaccine is a non-live vaccine; the old vaccine was made with a weakened live virus.

The old vaccine will remain on the market, but the Centers for Disease Control and Prevention (CDC) will be making Shingrix its preferred vaccine and will recommend it for all adults over age 50 and younger individuals with compromised immune systems. Medicare and Medicaid will update its coverage of Shingrix as soon as the CDC publishes its recommendations.

Even if you've already received the old vaccine, it is recommended to also get the Shingrix vaccine because of how much more effective it is. Of course, as with any vaccine, talk with your healthcare provider about the pros and cons for your individual health needs.

Logic Grid Puzzle

Four friends met one day for lunch at their favorite diner. Each ordered a sandwich, one side dish, and a dessert. As it happens, everyone ordered something different. Determine the first and last name of each person and what they had for lunch. (answers on the bottom of page 11!)

1. Peter Wish didn't have French fries with his sandwich, which wasn't roast beef.

2. The man who had the rice pilaf also had chocolate cake.

3. Mr. Tummel, whose first name wasn't Tim, didn't order the garden salad or the apple pie.


4. Walter didn't order a tuna sandwich or baked potato.

5. Sam thought the hot fudge sundae looked a lot better than his dessert but he agreed that his side dish was a lot better than Tim's salad.

6. Mr. Summer and Peter didn't order a dessert with ice cream.

7. Sam didn't order the baked potato though he did get the turkey sandwich.

8. The man who got vanilla ice cream, and it wasn't Walter, ordered French fries with his sandwich.

9. Mr. Wayvern, whose first name wasn't Walter, ordered a ham sandwich but didn't order apple pie.
- 

First Name	Last Name	Sandwich	Side Dish	Dessert

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848